



Nutritional Menu

BREAKFAST

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments
Hungry Bear Breakfast												
The Grizz	1720	640	71	26	0	630	4460	197	5	68	65	Does not include choice of potato
Bigfoot Chicken Fried Steak & Eggs	1180	600	70	14	615	5610	226	16	24	83	46	Does not include choice of side
<i>served with 3 Eggs</i>	190	113	13	4	0.05	491	187	0.95	0	0.5	17	
Classic 2-Egg Combos, all combos served with biscuit												
Chicken Fried Steak and Eggs	750	360	40	11	1	400	160	50	11	5	42	Does not include choice of side
Mild Patty Sausage and Eggs	750	570	64	23	0	470	1330	8	2	4	35	Does not include choice of side
Spicy Patty Sausage and Eggs	760	570	64	23	0.03	470	1370	10	4	5	35	Does not include choice of side
Portuguese Linguica and Eggs	710	535	60	18	0.03	370	1692	8	1	6	42	Does not include choice of side
Chicken Apple Sausage and Eggs	380	195	22	7	0.04	426	1156	6	1	5	40	Does not include choice of side
Link Sausage and Eggs	380	280	31	12	0.03	372	540	6	1	3	21	Does not include choice of side
New York Steak and Eggs	550	207	23	9	1	467	611	4	1	3	75	Does not include choice of side
Sirloin Steak and Eggs	1160	120	68	24	8	520	2609	67	2	12	66	Does not include choice of side
Hickory Smoked Ham & Eggs	600	150	17	6	0.03	398	2562	19	1	13	34	Does not include choice of side
Bacon and Eggs	470	300	34	11	0.03	393	1160	5	1	3	34	Does not include choice of side
Corned Beef Hash	400	250	28	11	0.03	382	2082	7	1	3	34	Does not include choice of side
No meat, just 2 eggs	140	76	8	3	0.03	327	132	4	1	3	12	Does not include choice of side
Sides												
Country Red Potatoes	330	121	14	5	0	0	3160	51	1	2	1	
Loaded (w/ Cheddar Cheese & Bacon) Country Red Potatoes	530	260	30	12	0	44	3600	50	1	2	13	
Strip-Cut Hash Browns	380	120	14	5	0	0	1990	56	0	0.5	3	
Loaded (w/ Cheddar Cheese & Bacon) Strip-Cut Hash Browns	580	260	30	12	0	44	2430	58	0	0	16	
Fresh Fruit	70	2	0.3	0.1	0	0	12	17	2	12	1	
1 Biscuit	470	170	20	6	5	6	1339	60	1	9	10	
2 Biscuits	930	342	38	11	10	11	2678	126	2	17	21	
Pancakes, Waffles & French Toast												
2 Sweet Cream Pancakes	990	131	15	7	0	36	2266	193	8	68	22	served with syrup
Sweet Cream Waffle	660	232	26	7	0.09	117	1137	93	3	37	12	served with syrup
Add Fruit & Whipped Cream	70	20	2.5	1	0	10	0	11	2	8	1	Includes strawberries
Syrup 2 fl. ounces	180	0	0	0	0	0	66	50	0	17	0	
Cinnamon Roll French Toast	1460	627	71	30	0.2	358	1103	191	6	106	22	served with syrup
French Toast	585	138	15	3	0.07	337	752	90	8	13	28	served with syrup
Volcano	1710	470	52	21	0.03	431	3523	260	9	86	53	served with syrup
Housemade Bear Claw												
Bear Claw, Classic with almond filling	1110	510	57	20	0	105	970	132	4	71	17	



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Pancakes, Waffles & French Toast												
Bear's Choice - 2 EGGS	130	80	8	3	0	325	130	4	1	3	12	
Bear's Choice - Pancakes w BACON	1390	267	30	12	0	380	2732	243	8	86	40	
Bear's Choice - Pancakes w SAUSAGE LINKS	1550	402	45	18	0	410	3002	244	8	86	45	
Bear's Choice - Pancakes w HAM	1610	340	38	15	0	452	5162	257	8	96	62	
Bear's Choice - Waffle w BACON	890	302	34	10	0	430	1280	120	2	47	26	
Bear's Choice - Waffle w SAUSAGE LINKS	960	377	42	14	0	441	1276	120	2	47	26	
Bear's Choice - Waffle w HAM	1020	315	35	11	0	482	3436	134	2	57	42	
Bear's Choice - WAFFLE	470	166	19	5	0	84	809	67	1	27	8	
Bear's Choice - French Toast w BACON	800	228	25	7	0	570	969	114	5	30	36	
Bear's Choice - French Toast w SAUSAGE LINKS	880	303	34	11	0	582	964	114	5	30	36	
Bear's Choice - French Toast w HAM	940	241	27	8	0	623	3124	127	5	40	52	
Bear's Choice - FRENCH TOAST	390	92	10	2	0	225	497	60	4	9	18	
Bear's Choice - Biscuits & Gravy w BACON	1430	660	73	23	17	372	4107	151	3	24	40	
Bear's Choice - Biscuits & Gravy w SAUSAGE LINKS	1500	735	82	26	17	385	4103	151	3	24	40	
Bear's Choice - BISCUITS & GRAVY	1200	524	58	18	17	27	3701	146	1	21	23	
Omelettes & Scrambles												
Southern Scramble, Incl. biscuit & butter blend	1160	670	74	24	8	580	2770	80	2	14	43	Does not include choice of side
Shasta Scramble	360	230	26	7.5	0	490	258	15	7	7	21	Does not include choice of side
Bruce's Meat Lover's Omelette, Incl. biscuit & butter blend	690	430	48	19	0	810	1870	11	1	8	51	Does not include choice of side
Joe's Hobo Omelette, Incl. biscuit & butter blend	620	380	42	16	0	794	1616	13	1	9	46	Does not include choice of side
California Omelette, Incl. biscuit & butter blend	480	317	35	12	0	739	417	12	6	5	31	Does not include choice of side
Denver Omelette, Incl. biscuit & butter blend	460	254	284	114	0	760	1223	133	2	9.	37	Does not include choice of side
Vegetarian Omelette, Incl. biscuit & butter blend	400	230	25	10	0	740	417	107	3	77	30	Does not include choice of side
Fit & Focused Chicken Apple Sausage Scramble	500	170	19	6	0	60	1010	51	8	21	36	Incl. dry wheat toast & fruit
Fit & Focused Veggie Hash	530	220	25	6	0	370	1474	58	12	11	21	Incl. dry wheat toast
Fit & Focused Avocado Toast	680	280	31	4	0	0	500	97	19	26	14	Incl. tomatoes & fruit
South of the Cave												
Chorizo Breakfast Tacos	1530	940	106	36	6	555	4330	118	14	12	36	Incl. country potatoes & fruit
Breakfast Burrito	1060	580	64	26	0	570	2690	73	11	8	47	Incl. tortilla & salsa
Huevos Rancheros	1200	760	85	33	0	430	2430	75	16	22	41	Does not include choice of side
add Country Red Potatoes	330	121	14	5	0	0	3160	51	1	2	1	
or add Strip-Cut Hash Browns	380	120	14	5	0	0	1990	56	0	0.5	3	
or add Fresh Fruit	70	2	0	0	0	12	17	2	12	1		
ScramBOWL	1560	820	93	32	12	575	6460	132	4	22	51	Incl. biscuit



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Little Less												
Mini Volcano with Sweet Cream Pancakes	1030	250	28	10	0	240	1947	168	6	56	29	Incl. syrup
Biscuit Gravy with Bacon	680	322	35	11	8	31	2125	74	1	10	17	
Biscuit Gravy with Sausage	760	400	44	15	8	45	2120	74	1	11	18	
The following Little Less selections are served with strip-cut hash browns and housemade biscuit												
Ham & Cheese Omelette	270	140	16	6	0	364	1027	10	1	6	23	
1 Egg and 2 Bacon	170	98	11	4	0	180	344	4	1	3	12	
1 Egg and 2 Sausage	240	173	193	73	0	194	339	5	1	3	12	
1 Egg and Ham	190	74	8	3	0	199	1284	11	1	8	17	
Strip-Cut Hash Browns	380	120	14	5	0	0	1990	56	0	0	3	
1 Biscuit	470	170	20	6	5	6	1339	60	1	9	10	
Bear's Benedicts												
California Bacon Benedict	850	570	63	23	0	787	1451	36	7	17	37	Does not include choice of potato
Classic Eggs Benedict	700	330	37	17	0	460	2320	67	5	24	31	Does not include choice of potato
Breakfast Extras												
2 Biscuits and Gravy	1290	580	65	20	19	30	4040	153	2	23	24	
Steel Cut Oatmeal	740	260	29	4	0	5	55	115	11	72	13	
Fruit Bowl - 6 oz.	230	10	1	0	0	0	55	57	6	39	4	
Side of Fruit - 4.5 oz.	70	0	0	0	0	0	10	17	2	12	1	
Toast with Butter (12 Grain Bread)	420	220	25	12	0	0	580	44	2	8	6	
Toast with Butter (English Muffin)	360	210	23	13	0	0	480	31	2	3	6	
Toast with Butter (Rye Bread)	460	230	26	12	0	0	680	48	4	4	8	
Toast with Butter (Sourdough Bread)	380	220	24	12	0	0	520	34	1	2	6	
Toast with Butter (White Bread)	420	220	24	12	0	0	580	42	2	6	6	
Side of Grits	400	0	17	8	0	0	1280	57	3	6	7	
Side of Loades Grits	660	190	38	17	0	60	1950	58	3	6	7	
Potato Choices												
Country Red Potatoes	330	120	14	5	0	0	3160	51	1	2	1	11 oz
Strip-Cut Hash Browns	380	120	14	5	0	0	1990	56	0	0	4	11 oz
Loaded: Add Cheddar & Bacon	200	140	16	7	0	45	442	1	0	0	12	



Nutritional Menu

LUNCH

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Bob's Big Bear Burger	1290	700	78	21	1.5	185	1570	77	5	18	64	Does not include choice of side
Bob's Burger Deluxe	1460	810	90	25	1.5	220	2080	78	5	18	76	Does not include choice of side
Cheese, monterey jack	add 210	add 150	add 17	add 11	add 0	add 50	add 340	add 0	add 0	add 0	add 14	4 oz
Cheese, mozzarella, whole milk	add 170	add 110	add 13	add 7	add 0	add 45	add 350	add 1	add 0	add 1	add 12	4 oz
Cheese, cheddar	add 230	add 170	add 19	add 11	add 0.5	add 55	add 370	add 2	add 0	add 0	add 13	4 oz
Cheese, swiss	add 170	add 120	add 13	add 8	add 0	add 40	add 80	add 1	add 0	add 0	add 11	2 Slices
Cheese, pepper jack	add 170	add 120	add 13	add 8	add 0	add 15	add 260	add 0	add 0	add 0	add 9	2 slices
Cheese, American	add 140	add 100	add 11	add 6	add 0	add 40	add 550	add 4	add 0	add 2	add 7	2 slices
Bacon	add 90	add 60	add 7	add 2	add 0	add 18	add 275	add 0	add 0	add 0	add 6	2 slices
Specialty Bear Burgers												
California Burger	1050	570	64	20	1	155	1410	64	9	13	52	Does not include choice of side
Bacon Cheddar Burger	1030	550	62	21	1.5	175	1700	60	4	13	56	Does not include choice of side
Western BBQ Burger	1190	570	63	21	1.5	155	2190	121	11	42	53	Does not include choice of side
Beyond Burger	900	490	55	14	0.2	17	1595	66	9	13	39	Does not include choice of side
Parmesan Sourdough Cheeseburger	1010	590	66	26	3	165	1400	43	3	7	59	Does not include choice of side
Sub Beyond Burger Patty	400	270	30	7.5	0	0	570	7.5	4.5	0	30	
Old-Fashioned Basket Combos												
Classic Burger Basket	1040	490	54	12	1	95	1780	98	8	8	39	
Classic American Cheeseburger Basket	1110	540	60	16	1	115	2050	100	8	10	42	
Bacon Cheeseburger Basket	1200	600	67	17	1	133	2325	100	8	10	48	
Basket Combo - Chicken Strips - Bacon Ranch Dressing	1420	800	89	15	0	105	3330	111	9	3	44	
Basket Combo - Chicken Strips - BBQ Sauce	1210	480	54	9	0	85	3460	139	10	27	44	
Basket Combo - Additional Tenders (1 each)	160	80	9	1.5	0	20	430	12	1	0	9	
Lunch On The Run												
Soup & Salad Combo	300	80	91	2	0	30	567	49	2	17	3	
Signature Sandwiches												
Turkey Pesto	1100	640	71	20	0	105	2250	60	4	4	53	Does not include choice of side
Turkey Club Sandwich	660	230	26	5	0	57	2145	72	4	14	31	Does not include choice of side
Chicken Avocado Club	900	360	40	10	0	127	2089	75	9	12	57	Does not include choice of side
The Gobbler	810	330	37	7	0	70	1770	75	8	21	49	Does not include choice of side
The Reuben	970	540	60	22	0	140	4310	57	6	9	55	Does not include choice of side
Open Faced Hot Turkey Sandwich	880	170	19	5	0	75	2758	117	6	35	54	Does not include choice of side
Smoked Beef Brisket	1240	380	42	12	0	125	3460	154	8	25	62	Does not include choice of side
Tri Tip Dip	490	140	16	5	0	85	2270	44	2	3	41	Does not include choice of side
Tri Tip Dip Deluxe	680	260	29	13	0	125	2350	47	3	4	53	Does not include choice of side



Nutritional Menu

LUNCH

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Super Salads												
Bacon Cheeseburger Salad	840	570	64	19	1	150	1720	21	6	8	45	Incl. Thousand Island
Crispy Chicken Cobb Salad	860	480	53	14	0	290	1891	53	14	9	49	Does not incl. dressing
Cashew Chicken Caesar Salad	920	560	62	11	0	175	1450	40	6	5	42	Incl. Caesar dressing
Beef Taco Salad, Large	1340	680	75	25	1	170	4160	100	25	11	72	Does not incl. dressing
Chicken Taco Salad, Large	1120	480	53	16	0	135	3320	96	24	10	70	Does not incl. dressing
Fit & Focused												
Fit & Focused Tuna Chef Salad	520	280	31	9	0	230	2100	30	7	17	32	Incl. Fat-Free Italian
Fit & Focused Lettuce-Wrapped Burger	280	160	18	7	1	86	620	4	1	2	26	
Salad Dressings												
Bacon Ranch Dressing - 3 fl oz	500	480	53	9	0	25	540	2	0	1	2	
Bleu Cheese Dressing - Housemade - 3 fl oz	370	340	38	7	0	20	630	3	0	2	3	
1000 Island Dressing - Housemade - 3 fl oz	300	260	29	5	0	10	540	8	0	6	0	
Balsamic Vinaigrette Dressing - 3 fl oz	270	220	24	4.5	0	0	990	9	0	9	0	
Fat-Free Honey Dijon Dressing - 3 fl oz	130	0	0	0	0	0	900	30	0	27	0	
Fat-Free Italian Dressing - 3 fl oz	145	0	0	0	0	0	870	12	0	9		
Little Less												
Small Patty Melt	870	407	45	18	1.5	125	985	54	5	7	60	Does not include choice of side
Tuna Melt	870	480	53	17	0	85	1310	55	5	8	41	Does not include choice of side
Club Sandwich	540	220	24	5	0	55	1930	51	3	11	28	Does not include choice of side
BLT	560	260	29	8	0	55	1520	48	4	9	24	Does not include choice of side
Grilled Cheese	580	320	35	19	0	40	1410	49	3	10	14	Does not include choice of side
Half Ham Sandwich	300	100	11	2.5	0	40	1460	32	2	11	15	Does not include choice of soup
Half Turkey Sandwich	290	90	10	2	0	35	850	26	2	6	24	Does not include choice of soup
Half Tuna Sandwich	480	260	29	5	0	50	860	28	3	8	25	Does not include choice of soup
Half Chicken Sandwich	470	235	26	4	0	56	769	35.	4	9	21	Does not include choice of soup
Little Less Soup of the Day (Bowl)												
Classic Minestrone	180	30	3	0	0	15	2040	33	6	9	6	
Classic Chicken Noodle	240	60	6	1.5	0	45	2490	27	0	3	18	
Classic Broccoli Cheese	450	300	33	9	0	30	2400	30	6	6	6	
Tomato Bisque w Basil	390	300	27	7.5	0	37.5	1065	33	6	24	4.5	
Mediterranean-style Vegetable	300	45	4.5	0	0	0	1230	51	9	18	12	
Classic Cream of Potato w Bacon	630	390	42	15	0	60	2490	54	3	9	12	



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Little Less Soup of the Day (Cup)												
Classic Minestrone	120	20	2	0	0	10	1360	22	4	6	4	
Classic Chicken Noodle	160	40	4	1	0	30	1660	18	0	2	12	
Classic Broccoli Cheese	300	200	22	6	0	20	1600	20	4	4	4	
Mediterranean-style Vegetable	200	30	3	0	0	0	820	34	6	12	8	
Classic Cream of Potato w Bacon	420	260	28	10	0	40	1660	36	2	6	8	
Mexican-style Chicken Tortilla	240	40	4	2	0	40	820	34	4	6	18	
Tomato Bisque w Basil	260	200	18	5	0	25	710	22	4	16	3	
1 Packet of Saltine Crackers add	25	0	0.5	0	0	0	135	4	0	0	0	
Sides												
LITTLE LESS SIDE - French Fries	430	160	18	3	0	0	990	60	6	1	7	6 oz W
French Fries	790	300	34	6	0	5	1810	109	11	1	12	11 oz W
Sweet Potato Fries	720	317	35	6	0	0	880	94	13	34	6	9 oz W
Cole Slaw	190	130	15	2.5	0	5	115	14	2	12	1	3 oz W
Dinner Salad (without dressing)	30	3	0	0	0	0	19	5	2	3	2	
Salad Dressings												
Bacon Ranch Dressing - 2 fl oz	330	317	357	67	0	17	360	1	0	1	1	
Bleu Cheese Dressing - Housemade - 2 fl oz	250	230	26	5	0	14	418	2	0	2	2	
1000 Island Dressing - Housemade - 2 fl oz	200	173	19	3	0	8	361	5	0	4	0	
Balsamic Vinaigrette Dressing - 2 fl oz	180	144	16	3	0	0	660	6	0	6	0	
Fat-Free Honey Dijon Dressing - 2 fl oz	90	0	0	0	0	0	500	20	0	17	0	
Fat-Free Italian Dressing - 2 fl oz	30	0	0	0	0	0	580	8	0	6	0	



Nutritional Menu

DINNER

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments:
Daily Specials												
Prime Rib	1460	990	110	41	3	244	3690	45	9	14	72	
Fish Fry Friday	2560	1225	136	24	0	102	5616	280	24	28	54	
Fish Fry Second Helping	330	170	19	4	0	50	432	23	2	1	16	
Breakfast For Dinner												
N.Y. Steak & Eggs	880	410	97	39	3	430	1783	34	2	6	181	Does not incl. choice of side or bread
Chicken & Waffle & Eggs	2170	810	108	33	3	560	2574	234	10	72	74	Does not incl. choice of side or bread
Smoked Beef Brisket & Eggs	1210	580	82	31	3	590	3198	34	2	6	177	Does not incl. choice of side or bread
Smoked Beef Brisket Benedict	1440	500	86	36	0	610	3886	85	6	11	173	Does not incl. choice of side
Chopped Steak & Eggs	1370	310	94	36	6	640	1959	37	3	8	183	Does not incl. choice of side or bread
Pork Chops & Eggs	1450	580	84	30	3	640	2933	75	6	34	199	Does not incl. choice of side or bread
Carving Station Dinners												
Santa Maria Tri-Tip	970	60	45	14	0	130	2805	79	18	13	62	
Smoked Beef Brisket	1260	620	69	17	0	170	3190	97	11	15	65	Incl. french fries & cole slaw
Roasted Turkey	730	170	19	5	0	95	2758	75	4	29	62	Does not incl. Mixed Veg
Homestyle Dinners												
Bigfoot Chicken Fried Steak	1180	604	67	17	4	115	2640	99	15	7	46	
Homestyle Fried Chicken	820	470	52	14	4	315	2146	32	2	6	56	
Housemade Meatloaf	1170	730	81	27	1	275	3350	58	9	17	3	
Slow-Cooked Pot Roast	860	370	41	13	0	120	2940	80	6	30	43	
Wild Alaska Pesto Salmon	660	350	40	7	0	147	1947	18	8	9	58	
Roasted Half Chicken	520	270	30	8	0	65	1450	40	2	9	25	
Angus Choice Cut Steaks												
Rib Eye Steak	700	404	45	19	2	169	677	4	1	3	68	
New York Steak	550	175	19	8	1	140	1010	22	5	5	67	
Add On Bleu Cheese and Mushrooms	200	148	16	11	0	42	650	3	0	1	13	
Little Less												
Bear Paw Chicken Fried Steak,	610	280	31	9	2	74	1422	54	11	5	30	
Housemade Meatloaf Dinner	1090	660	73	24	3.5	195	3100	70	7	14	28	Does not incl. choice of side
Slow-Cooked Pot Roast Dinner	1060	520	58	18	3.5	85	2610	105	9	33	31	Does not incl. choice of side
Tri Tip Dinner after 4 pm	240	110	12	5	0	76	918	4	1	3	31	
Sirloin Steak	950	200	63	23	3	160	1734	44	8	12	53	



Nutritional Menu

DINNER EXTRAS

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments:
Extras												
Onion Rings	1580	850	94	19	0	25	1970	158	33	19	22	13 oz W + 3 fl oz bacon ranch
Baked Potato (no condiments)	280	5	0	0	0	0	30	63	7	4	7	
French Fries	790	300	34	6	0	5	1810	109	11	1	12	11 oz W
Mashed Potatoes and Gravy	210	110	12	4.5	2.5	5	440	23	2	3	3	
Sweet Potato Fries	720	317	35	6	0	0	880	94	13	34	6	9 oz
Loaded: Add Cheddar & Bacon To Any Potato	200	140	16	7	0	45	442	1	0	0	12	
Italian Green Beans	80	50	6	3	0	0	630	4	2	2	2	
Linguica Baked Beans	350	80	9	2.5	0	10	1170	52	9	21	17	1 Cup
Seasonal Vegetables: Zucchini, Squash, Red Bell Pepper	120	90	10	3	0	0	90	8	2	5	2	
Side "Mac" & Cheese	490	170	19	11	1	55	1260	57	3	4	22	
Dinner Salad (without dressing)	30	3	0	0	0	0	19	5	2	3	2	
Mixed Vegetables	110	80	9	2.5	0	0	100	7	3	3	3	6 oz W
Cornbread Muffins	270	81	9	2	0	30	556	44	1	17	3	
Cornbread Stuffing	320	200	25	7	0	0	1050	43	1	6	6	
Soup of the Day (Cup)												
Classic Minestrone	120	20	2	0	0	10	1360	22	4	6	4	
Classic Chicken Noodle	160	40	4	1	0	30	1660	18	0	2	12	
Classic Broccoli Cheese	300	200	22	6	0	20	1600	20	4	4	4	
Mediterranean-style Vegetable	200	30	3	0	0	0	820	34	6	12	8	
Classic Cream of Potato w Bacon	420	260	28	10	0	40	1660	36	2	6	8	
Mexican-style Chicken Tortilla	240	40	4	2	0	40	820	34	4	6	18	
Tomato Bisque w Basil	260	200	18	5	0	25	710	22	4	16	3	
1 Packet of Saltine Crackers	add	25	0	0.5	0	0	135	4	0	0	0	
Salad Dressings												
Bacon Ranch Dressing - 2 fl oz	330	317	357	67	0	17	360	1	0	1	1	
Bleu Cheese Dressing - Housemade - 2 fl oz	250	230	26	5	0	14	418	2	0	2	2	
1000 Island Dressing - Housemade - 2 fl oz	200	173	19	3	0	8	361	5	0	4	0	
Balsamic Vinaigrette Dressing - 2 fl oz	180	144	16	3	0	0	660	6	0	6	0	
Fat-Free Honey Dijon Dressing - 2 fl oz	90	0	0	0	0	0	500	20	0	17	0	
Fat-Free Italian Dressing - 2 fl oz	30	0	0	0	0	0	580	8	0	6	0	



Nutritional Menu



MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments	
Cubs' Breakfast													
Mini Volcano with Bacon and Sausage	1020	390	44	16	0	225	2330	190	5	65	31		
Bear's Choice - 1 Egg	60	38	4	1	0	164	62	0	0	0	6		
Bear's Choice - 1 Piece of bacon	80	60	6	2	0	15	260	0	0	0	6		
Bear's Choice - 1 Sausage link	80	70	8	3	0	15	135	1	0	0	3		
Bear's Choice - 1 Biscuit and gravy	660	290	32	10	9	16	2028	80.	2	14	13	1 biscuit, 4 oz V country sausage gravy	
Bear's Choice - 1 Pancake	560	50	6	3	0	14	920	121	4	42	9		
Bear's Choice - 1 French toast	400	46	5	1	0	112	320	83	33	24	10		
Bear's Choice - 1 Waffle	280	98	11	3	0	46	452	40	2	17	5		
Chocolate Chip Pancakes	1240	280	31	17	0	30	1775	185	10	102	20		
Cubs' Strawberry French Toast	500	170	19	6	3	150	310	27	2	25	9		
Scrambler	420	180	20	7	0	200	1220	41	4	17	20		
Cubs' Lunch & Dinner													
Chicken Strips	340	160	18	3	0	40	860	27	2	3	20		
Chicken Strips Bacon Ranch Dressing	add	330	320	35	6	0	18	360	1	0	1		
Chicken Strips BBQ Sauce	add	120	2	0	0	0	480	30	1	25	1		
Biscuit Bear's Best Burger	480	200	20	6	0.5	70	780	51	3	20	32		
Mini Corn Dogs	350	140	16	4	0	65	870	42	4	10	13		
Grilled Cheese Sandwich	580	320	37	14	0.5	45	1130	50	3	12	14		
Macaroni and Cheese	270	80	9	3.5	0	15	930	49	2	24	13		
Pizza	380	100	11	2	0	20	700	52	5	23	20		
Penne Pasta	570	170	19	5	0	5	920	84	7	11	18		
Cubs' Lunch & Dinner Sides													
Side - French Fries	add	210	82	9	2	0	1	490	30	3	0	3	6 oz W
Side - Fresh Fruit	add	60	0	0	0	0	0	20	15	13	1	3 oz W	



Nutritional Menu

CUBS' DESSERT & BEVERAGES

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Includes:
Dessert												
Scoop of Vanilla Ice Cream w/ Whipped Cream	160	80	9	5	0	35	45	18	0	17	2	4 oz V ice cream, 2 oz V whipped cream
Scoop of Huckleberry Heaven Ice Cream w/ Whipped Cream	160	70	8	5	0	35	40	19	0	16	2	4 oz V ice cream, 2 oz V whipped cream
Scoop of Chocolate Ice Cream w/ Whipped Cream	170	80	9	5	0	35	65	19	0	13	2	4 oz V ice cream + 2 oz V whipped cream
Ice Cream Topping: Chocolate Syrup	90	0	0	0	0	0	30	22	0	20	0	1 oz V
Ice Cream Topping: Oreos	50	20	2.5	0.5	0	0	45	8	0	5	0	1 cookie = 1 oz V
Ice Cream Topping: Rainbow Sprinkles	30	15	1.5	0	0	0	0	4	0	3	0	1/4 oz V
Strawberries and Whipped Cream	70	30	3.5	1	0	10	0	9	1	7	0	
Beverages												
Chocolate Milk	250	60	6	4	0	25	160	38	1	34	11	12 oz
2% Milk	180	70	7	4.5	0	30	170	18	0	18	12	12 oz
Apple Juice	180	0	0	0	0	0	35	43	0	41	0	12 oz
Cranberry Juice	200	5	0	0	0	0	10	51	0	45	0	12 oz
Lemonade	130	0	0	0	0	0	45	35	0	34	0	10 oz



Nutritional Menu

DESSERT

MENU ITEM	Calories (kcal)	Cals from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Comments
Bread Pudding	1340	530	59	31	1.5	380	820	175	4	116	25	
Chocolate Lava Cake	870	300	34	18	0	45	920	138	4	100	10	
Apple Crumb Cobbler	610	70	8	1.5	0	0	230	134	5	100	3	
Blackberry Cobbler	420	190	26	11	0	40	850	95	8	53	8	
Cherry Cobbler	850	230	25	11	0	0	450	146	1	95	8	
Apple Cobbler	850	230	25	11	0	0	320	148	5	90	6	
Chocolate Cream Pie	490	270	35	19	0	15	1300	90	1	41	12	
Banana Cream Pie	400	230	31	16	0	5	1070	77	3	32	9	
Coconut Cream Pie	560	320	41	24	0	15	1330	92	2	46	12	
Scoop of Vanilla Ice Cream , a la mode	130	60	7	4	0	25	45	16	0	15	2	1/2 cup
Triple Chocolate Brownie Sundae	1090	440	49	17	0	195	1150	156	6	117	13	
Campire Cookie - Chocolate Chunk	750	330	37	22	0.5	105	1080	99	3	55	9	
Campire Cookie - Salted Caramel	750	310	35	24	1	105	1140	103	1	63	8	
Milkshakes & Malts												
Carnation Original Malt Powder	60	10	1.5	0.5	0	5	65	10	0	7	1	
Huckleberry Shake	520	240	27	17	0	105	180	60	0	50	11	
Strawberry Shake	640	270	30	17	0	105	190	85	0	81	11	
Chocolate Shake	710	270	31	18	0	105	220	105	2	92	12	
Vanilla Shake	520	270	30	17	0	105	190	57	0	53	11	
Cookies and Cream Vanilla Shake	740	350	39	20	0	105	380	91	1	72	12	
Cold Brew Mocha Milkshake	1110	0	63	35	0	180	313	119	0	109	21	
Frozen Treats												
Hot Fudge Sundae	820	350	39	29	0	75	330	113	3	106	11	
Scoop of Huckleberry Heaven Ice Cream	130	50	6	4	0	25	40	17	0	14	2	1/2 cup
Scoop of Vanilla Bean Ice Cream	130	60	7	4	0	25	45	16	0	15	2	1/2 cup
Scoop of Chocolate Ice Cream	140	60	7	4.5	0	25	65	17	0	11	2	1/2 cup
Housemade Bear Claw												
Bear Claw, Classic with almond filling	1110	510	57	20	0	105	970	132	4	71	17	